

Hillingdon Swimming Club

Affiliated to M.C.A.S.A. & L.R.A.S.A.

BEST WEEK NEWS

No.5 Fri 16th – Sat 24th October

swim21
Accredited

QUOTE OF THE WEEK

*'Hold yourself responsible for a higher standard than anyone else expects of you.
Never excuse yourself.'*

Henry Ward Beecher

CHRIS HAILS HILLINGDON



Chris Martin, the GB Development Coach hailed Hillingdon as one of the best programme experiences he had witnessed during his coaching career. I met Chris for a few hours prior to the session and we discussed swimming on the surface and deep down. He explained to me American philosophy and his beliefs. I returned elements of my philosophy and showed him a few innovative things we have and are trying to implement. Half way through our chat I began to think Chris is brilliant but a little crazy – especially as the whole coffee shop was staring at our table. He then went on to say 'Dave man – ahhhhhh – your just like I was!' – I did not know what to say!!

During the session we spoke briefly and following positive comments around skills, Lucy's flexibility session and the interaction of elder & younger swimmers and the fun/ energised environment; Chris finally paid the biggest tribute to Hillingdon that he could have. In front of all the swimmers Chris said this programme is better than 99% of the programmes I have visited – I have only ever said that 5 times. If I was a parent I would want my child to swim at Hillingdon.'

WELL DONE ADAM PRUNTY WHO HAS BEEN PROMOTED TO THE: ELITE PERFORMANCE SQUAD



Following a great start to training this season I decided to promote Adam to the Elite Performance Squad.

I always talk about consistency, a willing to change and the desire to challenge yourself. These are the qualities of someone who wants to perform at the highest level. I feel Adam is displaying these qualities as good as anyone in Hillingdon Swimming Club at present.

Well done Adam.

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REMINDER:

HILLINGDON SWIMMING CLUB JUNIOR DEVELOPMENT SESSION

Monday 2nd November 6-8pm at Northwood College.

Invitations will be made to selected swimmers soon.

The session will focus on STREAMLINE, STARTS & FRONTCRAWL

Elite Junior Performance & Transition – 6-7pm HIGHGROVE

Elite Performance & Senior – 7-8pm HIGHGROVE

Elite Development Squad will be invited to the Junior Development Session

THANK YOU FOR THE THREE PEOPLE WHO HAVE VOLUNTEERED TO ASSIST IN THE ADMINISTRATION OF THE FORTHCOMING 'HILLINGDON SWIMMING CLUB – RECORD DATABASE' – I REALLY APPRECIATE YOUR OFFER AND HELP.

SPORTS SCIENCE & JO CALVINO & STRENGTH & CONDITIONING



I am meeting Jo Calvino and her Strength & Conditioning specialist at Crystal Palace this coming Tuesday. Jo has a great background in Diving & Weightlifting – I will be meeting Keith (S+C coach) to discuss our land work programme and seek his views. I will also be observing a strength and conditioning session run by Keith. Should be interesting.

POOLS AND SCHOOLS NEWSLETTER

WILL BE ABLE TO BE VIEWED ON THE WEBSITE ALONG WITH THIS NEWSLETTER

SCHOOLS DATABASE

I HAVE SENT YOU AN EMAIL WITH THE CURRENT SCHOOLS DATABASE – PLEASE CAN YOU EMAIL ME IF:

1. YOUR SCHOOL HAS CHANGED
2. YOU HAVE MOVED SCHOOL
3. YOU ARE A NEW MEMBER OF HILLINGDON SWIMMING CLUB WHO PREVIOUSLY HAD NOT PROVIDED DETAILS OF THEIR SCHOOL

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THIS IS THE MENU OF VIDEO FEEDBACK I HAVE ON MY COMPUTER AT THE MOMENT READY FOR TRANSFER ONTO YOUR USB STICKS:

Francesca Grab Start
Luke Spain Track Starts
Wed AM 15th Oct Track Start Videos
Danny Nelson low hips breaststroke
Kate Wilson new backstroke technique Charlotte Jackson comparison
Sarah Quinn Analysis Video
Charlotte Jackson short + cross centre line free
Sophie Wilson incorrect fly brst head position
Massimo free wriggle
Katherine Neal School Analysis Videos
Lucas Navarro Brst Stroke
Georgia Collins new free technique & donkey brst
Callum Mitchell backstroke leg swim technique
Adam Prunty swinging free
Daniel Pearson better free
Luke Condor unstreamlined brst

We are in the process of developing a video database of stroke technique footage for the Elite Junior Performance Squad

THE COMPUTER WILL BE AVAILABLE AT ALL UPCOMING TRAINING SESSIONS – PLEASE BRING YOUR STICKS

THIS WEEKS TRAINING CHANGES

Training returns to HARD this week.

- 1. SUNDAY 18TH – EPS – 2.30-5pm William Byrd, ESS – 6-7.30pm HAYES, ETS – 6-7.30pm, EJPS – 6-7.30pm HAYES**
- 2. TRAINING ON THURSDAY PM RETURNS TO 6-7.30PM & 7.30-9PM AT HAYES FOR MY SQUADS FOR THE NEXT 2 HARD WEEKS**
- 3. TRAINING NEXT WEEKEND IS CANCELLED DUE TO RUSHMORE ROYALS COMPETITION (SAT & SUN)**

THANKS

**David Hemmings
HBEST Head Coach**

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